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OR

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Mental Therapeutics

OR

How to Cure all Diseases With the Mind

Being a Treatise on the Complete Discovery of the Law Under Which all Faith and Mind Cures Have Been Made in Modern Times

BY

W. D. STARRETT

San Francisco

1908

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BY D. W. STARRETT
April 9, 1908

F. H. ABBOTT, Printer
545 Mission Street
San Francisco

TO MY MOTHER

WHO WAS IN HER DAY A GREAT ROOT AND
HERB DOCTOR, THIS
VOLUME IS
AFFECTIONATELY DEDICATED
BY
THE AUTHOR

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PREFACE

In giving this work to the public, I have no desire to antagonize any other method of curing the body of its troubles. I feel now, as I have felt ever since I heard of the first mind cures, that there must be some law underlying all such remedies. I believe there is only one mystery in the whole universe that will never be solved by man. All others will be known in time. It is man's mission on earth to discover the solutions. If it were not so, life would be intolerable.

If we look back over the many wonderful mysteries that have been made plain, we will see that it is not unreasonable to make such a statement. When we stop and think that the force of gravity is drawing all material of weight to the very lowest point toward the center of the earth, we can but draw the conclusion that the time will come when the earth will be absolutely smooth on its surface. Now, when that time does arrive, the prophecy of the Bible will have been fulfilled, that every mountain and hill shall be laid low.

So, when one considers the time it will take to fill in all the valleys and ocean beds by this

slow process, he should not have to strain his imagination very much to see that man will have done the same thing with his difficulties in the meantime.

I have no doubt that intemperance and all diseases of the mind which are filling our insane asylums will be overcome by the use of the same law. I have already had almost conclusive evidence of it, but in this work I have written only what I know from experience to be absolutely true. If I am right about this law, the fact does not disprove religious works but rather strengthens them. To an inventor or to one who loves to surmount obstacles, life seems all sunshine when the results are obtained. Then he hastens to new fields, never satisfied. So in this work I feel that we are just on the first beautiful plain, after a hard climb, and that the rugged mountains await to be conquered.

I desire and hope for plenty of assistance in the great work.

MENTAL THERAPEUTICS

OR

How to Cure all Diseases With the Mind

I.

A human life should be in perfect harmony, and would be but for sickness and sin. From the time of Adam and Eve a discord has existed in human life, caused by sickness and sin. Christ came and supplied, for those who desired to possess it, the lost chord that has ever produced perfect harmony where the discord was caused by sin. He did not force it on any one, but they who have been wise enough to seek his blessed gift to humanity have always found harmony, regardless even of the discord produced by sickness.

In this book I am going to show my readers how to supply the lost chord caused by sickness, so that harmony will reign in their lives as far as it ever can, until the lost chord that Christ supplied for sin is used in connection with it, when perfect harmony will fill the heart. It is not reasonable to suppose that God, who left humanity from the begin-

ning of time to the coming of Christ without the means of reaching Heaven, and then, through that great event gave the remedy, did not also provide a way for humanity to free itself from the curse of sickness.

For ages man suffered untold agony from operations before anaesthetics were discovered. One would think, from a human standpoint, that He would have made the world acquainted with so great a blessing ages ago. But such was not God's way. All our knowledge must be acquired by the slow laborious process.

It can almost be said that no one man has ever discovered any great new principle unaided by the discoveries of others. Wireless telegraphy was made possible only by the use of Hertzian waves. The coherer was primitively used as a lightning arrester. The laws which govern the solar and sidereal systems of worlds were discovered gradually.

It is the mind, the good part of which is God himself, that has accomplished these wonderful results. If the mind is the source of all these miraculous feats, then who will have the temerity to say that it can not cure of illness the habitation wherein it dwells and dominates. Why God, in his wisdom, has left us to find out all these things is a mystery.

God holds the universe in His hand and treats it as we do a little child. As the child grows we give it the things necessary for each period of its life, while it is constantly asking for things which we can give it only at a later time. The whole body of a child, as well as its mind, must develop simultaneously. The world, in its improvements, must develop in a like manner.

At different periods, since the beginning, there have been men who have performed wonderful cures without the use of medicine, but always in a mysterious manner. Either they did not know how they accomplished the results, or, for their own reasons, did not desire to make it known. The former explanation seems the more probable. In this connection I may mention Mr. Quimby, of Maine, Mrs. M. B. Eddy, of New Hampshire, Mr. Alexander Dowie and Bishop Fallows, of Chicago. There have been many others, but none who have made any great headway. Mr. Quimby did not claim that he was the discoverer of the long lost power, given to the Apostles by Christ, of healing the body instantly without the use of medicine. The rest have so claimed either directly or indirectly, by calling it **Christian** Science or **Christian** Psychology. There is no doubt that

Alexander Dowie made many cures in the belief that he was a prophet of God. Since the acts of his life have been laid bare, we all know that God never made him his prophet.

The followers of Christian Science have made many wonderful cures and claim that they have found the Apostles' lost power. Bishop Fallows calls his discovery, if the papers have reported him correctly, Christian Psychology, yet he limits his power of the mind to non-functional diseases; and even in these cases a doctor must be consulted. I shall not say that they do not have the power Christ gave the Apostles, but I do know that it takes time to make all these modern cures, while Christ's cures were instantaneous and even decayed parts were made new instantly. In our modern cures pain can be relieved instantly but there is no record of lost flesh being restored instantly.

II.

God intended man to be free from bodily sickness some time but man himself must break the shackles by hard labor. I am going to tell my readers exactly how to cure bodily sickness without the use of medicine and why it will work, so that there shall be no mystery about it.

First I will say that but for the physicians and chemists none of these discoveries could have been made. But for them, the corpuscles of the blood and the cellular life of the tissues would not have been discovered, nor the mircrobes or bacteria, which are causing so much devastation to the human race. But for them millions who are now enjoying good health would have been in their graves. The death rate has been lowered all over the world by their great work.

From what I have discovered I can see no reason why man should not live as long as the bible says he used to. Take a child and teach it so that it will never have a cold run on it, or any disease, and it will live to old age in perfect health. Then why should the man die, except that he wears out from work, like the Deacon's Wonderful One Horse Chaise? But why should he wear out if germ life is kept from his body? For it is well-known that old age is caused by microbes that destroy the tissues of the flesh.

I am going to narrate my experience with this great discovery just as it happened, so that the reader will see that he must creep before he walks. It is my desire, in writing this experience, to get it used by the great majority, who are debt-ridden through sick-

ness; and, indirectly, to get a recompense for myself.

Before proceeding I desire to say that religion has nothing whatever to do with curing bodily ills. The cure is accomplished by the knowledge and use of a positive law, just as unvarying as the law that brings about the eclipse of sun or moon or the law that makes the magnetic north pole revolve regularly about the true pole. A mathematician can tell just how long it will be before another eclipse or how long it will take for a revolution of the magnetic pole about the true one. If you can not do so, it is because you do not know the law. So, if you can not effect cures, it is not because there is not a universal law but because you do not know the law.

I will describe my condition in the year 1904, my present state of health, and how I effected the great change. I have no doubt that others have used this law before but in an unconscious manner. No one, to my knowledge, has ever explained how the cures were made and why one is positive of making them.

Since I was a boy of twelve years of age, I have been afflicted with catarrh, which, as I grew older, gradually affected my throat and right lung. I have also had a bad pain in

my side just under the ribs. At times this pain has been so severe that I could not sleep after 5 o'clock in the morning without putting my doubled-up fist under the ribs on the right side and lying on it. Doctors said the pain was caused by my liver and gall.

About twenty years ago itching piles developed and a little later bladder troubles set in. My father died very suddenly from heart failure and about twenty years ago I commenced to feel pains in my heart, particularly if I tried to suppress excitement the least degree. I have always caught cold every time the temperature changed to a colder one. It was noticing this simple fact that led me to discover the law that I now use to prevent and cure all pain and sickness. Formerly, whenever I caught a cold, I would be in bed for several days and unable to work for a week or more.

I used to say to myself that if I could only get some remedy for colds I would not ask for any greater favor in this life. When one stops to think that colds are the fore-runners of almost all other diseases he will realize that I was asking for more than I had a right to expect.

At the present time I am feeling better than ever before in my life. I can do more work

of any kind than when I was twenty-five, and feel that life is just beginning. No pains come to my body that I can not cure instantly. So far as I can tell, my catarrh is the only trouble that I yet have. It is so much improved that I know I shall finally cure it. Catarrh being a disease that causes no pain, it is hard to keep one's mind on it long enough to get results. When one has pain it is easy to center the mind.

In the year 1904 I was riding back and forth between Oakland and San Francisco, and, as I had many hard colds that year, I commenced to think about it and wonder why I had them.

Though I wondered what caused them I could not find any reasonable explanation, even by the best authorities, which a layman could understand and make use of.

III.

One day I went to a doctor in San Francisco to have something done for my bladder troubles. He told me incidentally that he never had a cold. He had at one time made a bet that he could go to the top of one of California's high mountains with only his outer garments on—in the rain, snow and sleet, without catching a cold. He won the

[illegible]

[illegible]

[illegible]

From the doctor's experience and my own in the mountains, I began to study, on my trips across the Bay, why we did not get colds in the mountains. I knew that here in the city, at every change of temperature to a lower degree people would catch cold or contract some other form of sickness.

Another thing which I had noticed and which excited my curiosity, was that whenever I had been long without a cold and began to think about it, hoping that I would not have them any more, I would invariably get one. I did not then know that the least degree of fear causes a slight change of temperature of the blood; nor did I know how to provide against having that lowering of the heat of the body.

Right here is a great secret! Every evil that man is heir to can be provided against if he only studies out the way. If one who is liable to be tempted to sin will but think of it beforehand and make up his mind that he will not commit it and will avoid the occasion of it, the battle is won. The same holds good with the attacks of diseases. You must learn to be on your guard, for the enemy never sleeps. To cure any sickness is easy if one is on guard.

I first learned how to prevent colds and then how to cure them after they were seated, never dreaming then that I could cure any other diseases of my body.

Before the time of my first success I had read of the great discoveries of Pasteur, the renowned chemist of France. It is now an accepted theory that all diseases are caused by bacteria or germs that breed and live off the body. If allowed to stay there, they cause lingering sickness and finally death.

I remember one case in particular which impressed upon my mind the greatness of Pasteur. A friend once came to him, saying that his sheep were all dying off and wanted to know if he could not do something to prevent it. Pasteur made an investigation and found the germ that was causing the trouble. He next went to the pastures where the sheep roamed. From inquiries he found that years before sheep had died from some unknown cause in that same pasture. He began to dig all over and found where the sheep had been buried. In the soil at the grass roots he found the same kind of germ that was killing his friend's sheep. Nothing could be plainer than this.

The theory that all diseases of the body come from germs is so well known that it

would be time wasted to recite any more cases.

I also knew the theory of the blood—that it is composed of two classes of minute animals called corpuscles. One of these little fellows is red and the other white. These latter are sometimes called phagocytes. The red ones give the blood its color and their office seems to be to accompany the white ones in their swift journeys through the heart, lungs, arteries and veins, taking up the life-giving ammunition supplied by the air in the lungs and the carbon from the food, for the use of the white ones, and the cellular life in the tissues, bones and nerves.

The white corpuscles are the fierce little bulldogs of the system, which do all the fighting for and protecting of the system, after having driven off the enemy which is ever present where human beings congregate. The repairs of the tissues, bones and nerves is accomplished by the cellular life therein.

Do not forget that these little fighters must be kept warm and must distribute the necessary heat to the cellular life which rebuilds the lost or destroyed parts. A certain degree of heat must be kept up, so that your work will be properly performed and also that you may have absolute control of the corpuscles

and can send them to any part of your body, as readily as you can move a hand or foot at will.

IV.

In a nut-shell, the whole situation seems to be that human beings, especially where congregated in numbers, are surrounded by enemies in the form of bacteria or germs. These are hungry and cold and desire a place to propagate their kind. The human body affords them such a place if they can only get in; but there are those dreadful little white bulldogs on the watch at all the pores of the skin in a healthy man, to prevent their getting a foot-hold.

Why God has made it necessary that wherever true progress is made opposition must exist we do not know. But such is the case. In every walk of life, where negative force, obstacles, opposition do not appear, you will find little progress. In the mountains and deserts we do not find the earth and air full of microbes and consequently diseases are rarely found there. But on the other hand very few, if any, great men have been developed from a life spent away from this negative force which we always have present, both

in our contact with other human beings and in the constant fight in our bodies between the corpuscles of the blood and the bacteria in the outside element.

This is so self-evident that it is quite unnecessary to have written it for those who read the editorials and magazines of the present day; but there is a vast majority who do not know these actual facts.

Heat is life and cold is death! This statement may be an absolute fact or it may not, but so far as humanity is concerned at the present time it is true.

Every living thing in the universe has its enemies and man has often made use of this knowledge to exterminate pests. If one desires to get rid of mice he gets a cat; of rats, a weasel; of insects, that ruin fruit trees or fruit, another insect which preys upon the first for its food. So, to get rid of microbes, you make use of their deadly enemy, the corpuscles, to destroy them or drive them from the body.

In the great modern battleship the man in the conning tower has only to touch a button here, ring a bell there or lift a lever, turn a valve, and the ponderous machine obeys his slightest wish. When he lifts a lever or turns a valve, he does not exert an amount of en-

ergy equal to the results obtained. The energy has already been stored by the workmen, through brain and muscle, and he only liberates it. It is this stored energy which enabled him to change the movements of the ship so easily. The human body is like unto the ship. The man in the conning tower of the brain has control of all its vital parts.

No power can be gained without a corresponding expenditure of power. If I have had a pain in my side for years, which was caused by the destruction of tissue, and if I instantly cure it one might think that I was getting something for nothing. Not so. I have simply liberated stored energy and it is no miracle at all—not even a greater act than that of the man guiding the ship.

God put the mind in control of the body to direct all its movements, inside as well as outside. If it fails to do so the fault is not that it has no power but rather that it has not learned how to govern it. The corpuscles of the blood are to the mind what the workmen are to the man in the tower.

I have now put the reader in possession of the knowledge I had in 1904, if he had not previously acquired that information. I hope that he realizes that half of any battle is won when the knowledge comes that a fight is on.

As soon as I realized that I ought not have colds, I had sense enough to know that there was a way to prevent them, if I only had the ability to find it out. I believed that God had provided a way but I did not believe that He would cure me unless I found that way.

Inventors all say that they have made their greatest discoveries after having studied hard and failed; that later, when no longer thinking of their failure, the right idea comes to them like a stroke of lightning in its swiftness. I suppose that this is caused by the mind having to take time to work out the problem before the intelligence is conveyed to the picture gallery in the brain.

To illustrate this point:—I remember that when a boy, I went nutting with two companions in a wood which nearly surrounded a small farm. We all knew the place as well as we knew our own homes. In wandering about, instead of coming out on the clearing, as we expected, we arrived at exactly the opposite side. We had the picture in our brain of the side opposite the one which we saw. None of us knew the place at all. The barn and house were entirely strange to us. We sat on a rail fence for about five minutes with our mouths wide open in won-

derment, when, like a flash, the farm seemed to take a turn and all was perfectly familiar. I suppose the picture first formed had to be erased and a new one printed by the intelligence within us.

So it is with you in this matter:—You have got to imagine that your views of life are wrong and that things will take a whirl before you will see the real picture of a man who need not be sick, or grow old—in looks, at least.

After studying the subject for a long time in 1904 and getting no results, one day the thought came to me instantly that the mind must have control of the corpuscles of the blood and that they would do its will if the command were given. I did not have a cold at that time and could not expect that my view of life would take a whirl till I had demonstrated the law. The first time that I felt a cold coming on, I just gave a mental order to "my workmen" to drive the microbes out, and it did not develop. I was not satisfied, however, till I had tried it again and again—with success every time.

Those first successes were when I felt a cold coming on. Later, on one occasion, I was working very busily. Having my hat off, I caught a good hard cold before I

thought to try my remedy. I said to myself, "that will be easy"; but when I tried to do it—lo! it did not work at all. I went to studying again and soon found out the trouble.

I reasoned in this way with myself:—If two armies are facing each other in battle array, each trying to defeat the other by trying to get a foot-hold in its lines, a good commander knows that he must not neglect any point that will help keep his opponent from securing an advantage over him. If his scouts tell him the enemy is advancing to attack at a weak spot in his lines he at once sends troops to strengthen that point, and in sufficient numbers to ward off the foe. By making a good show of defense, he will often prevent the attack. But suppose the enemy steals up and gets entrenched before the commander is aware of it, then it will take much more energy to drive him out of his advantageous position. In case of a cold already under way, or any firmly seated disease, it is necessary to use more energy to drive it out than if it had been taken in time. It is compulsory, for success, to make the corpuscles more combative, to drive out the entrenched enemy. This is only applied common sense, such as any business man uses in every day affairs.

I remembered, through my experience with compressors, in supplying air for rock drilling purposes, that when I wanted hot water all I had to do was to cut down the supply of cooling water and in five minutes I would have boiling water without the use of fire. The lungs being miniature compressors, I saw no reason why I should not warm the corpuscles by breathing a little faster or taking longer breaths, thereby getting more air in my lungs and more heat to make the little soldiers fight harder. The long deep compressions of the lungs are the better way.

After testing this theory out on myself for three years I have never had one failure.

When a cold or any disease is just starting you always get timely warning, if you are on the watch. Then prevention is an easy matter. Just as in the case of any bad habit or sin, it is easy in the beginning to break it off but very hard later on to get rid of it.

The old way people had of warning their corpuscles was to take warm drinks. They did not know why or desire to know why so long as they got the results. I remember how my mother watched us children and when cold weather was coming on would mix up a small pailful of composition made

from Tomsonian Powders and have us all take as much as we could. I have drunk pennyroyal tea under the "mistletoe bough" held in my mother's hand till I have thought I would burst. I remember one time a schoolmate was dying from bowel troubles and had been given up by the doctor. My mother was called in and she went to work and applied hot cloths. Inside of one day he was on the road to recovery. Heat was life in that case sure enough. The heat applied to the decaying parts brought the corpuscles there is such force that they routed the microbes.

I have explained how to cure a cold or any sickness. This method, if followed faithfully, with just the ordinary business force one uses to make a living, will always prove successful—so much so that you will be astonished at the results. Always remember that for one to be successful in any business he must understand that occupation; and the better his knowledge of it is, the greater will be his success.

VI.

I will now tell you how you get sickness or cold and explain why. The facts are so simple that I have little fear of the most

learned physicians denying them. I state them here because it has been my experience all through life that it is the simple things of life that are most often overlooked.

After watching the conditions under which I caught cold, as before stated, I found that it always happened when the temperature was falling. Now this was a greater discovery than at first appears; for I immediately asked the question "why?" I knew that if a person sat in a draft in the house he would invariably catch cold. I said, "Why does not one catch cold when out in the wind as well as when in a room?" The answer was easy to find. Corpuscles of the blood are creatures of temperature. They are more sensitive to heat and cold than one can readily realize. When you stop to think that they are the medium through which you find out that a change is taking place in the temperature you will see at once that they are as reliable as a thermometer.

These fighters who are always on guard all over your body, doing their work, are constantly sending messages to the man in the pilot house to tell him how things are going. All at once some one opens a window and a colder current of air strikes your back. The corpuscles there feel it at once and warn you

that they are cold. If you do not take the trouble to warm them they desert their post. A little inside the flesh is nice and warm and they recede to that point, leaving your pores all exposed to the enemy ever lurking near, who too is cold, hungry and homeless. The microbes at once make a dive for the warmer place inside your body and you have a cold started or some other disease according to the kind of germs which were nearest when your little sentinels deserted their post.

Now, suppose that you had the knowledge which I am now giving you. The moment that you felt the warning you would have directed them to return to their posts, either by direct command or by any negative force. The act of thinking of them alone makes heat and if that were not sufficient you would have taken a few deep breaths of air to supply them with the amount lost by the change of temperature.

It is a well-established fact that fear in any form causes a loss of heat. Those who are afraid that they will get a cold and be sick are most liable to do so. When out in the wind, riding or automobiling, there is no more danger of taking cold than when in the house, unless you take off some garment you have been used to, because the corpuscles

are doing their accustomed work. But take off your hat for a while and see how quickly a cold will start. If before removing your hat you had thought about keeping up the supply of heat at that point, which was radiated by the change, you would not have caught a cold. If you anticipate a change and provide against having a cold you can sit in a draft or take off any garment, get wet and be wet in the wind with perfect immunity. Of course there are exceptions to all rules but not to the workings of positive laws.

If you direct your thoughts to the corpuscles of your blood to force them to do a certain thing they will do it, positively, at your bidding. If the disease is bad you must take the deep breathings and keep up the commands till you are cured. Perseverance alone will win.

If a person's lungs are about gone it would be beyond nature to make a new set. If your leg is broken you have got to use nature, through the fingers directed by the mind, to get it back in place again. This, after all, is still the mind doing the work through the use of the blood. If your foot is cut off there is no use in thinking that nature will grow another one for you. So far as a human being is concerned there is

no exception in this, although there are exceptions among the lower animals.

So we can not say that nature can not do it but rather that she will not for us. Everything in the universe is ruled by fixed laws and God himself will not break them for any one. There is always a way of apparently overthrowing them, as in this case of curing sickness. People will say that is getting something for nothing, that it is breaking a fixed law. Not so. It is only so to those who do not yet see through it.

VII.

Science tells us that a grain of copper has motion or life within it which exactly duplicates that of the solar system in so far as to have a central body with minor bodies held by attraction and circulating around the central one. I believe it because the microscope reveals it, as well as the telescope and reflectors reveal that there are worlds and systems of worlds in the farthest depths of space to which they have reached.

Many people do not know of the microbic theory and consequently will not be able to use this method of combating sickness unless *they* are made to understand it thoroughly.

Like the theory of life in the atom of copper, which can be seen only with artificial eyes, so is that of animal life around us. Our eyes are mechanically constructed to receive light only when the vibrations are about a certain number per second. If they are not great enough or too high we can not see. Some wild animals can see when the vibrations are much lower than for men; so that what is darkness for the man is not darkness for the animal.

With the ordinary vibrations of sunlight we can see the flies and gnats around us and if they attempt to live off our bodies we at once take means to get rid of them. But why should we not think that there are smaller animals than the flies and gnats and that these, too, are continually trying to live and breed in our bodies? It is common sense to believe that there is no end to the minuteness of animal life and besides science has proved it years ago.

Surely God has not left us without a weapon to rid ourselves of these enemies which we can not see.

If you have to perform a piece of work and your neighbors come in and insist on helping you and if they continue to do so you will gradually do less and allow them to

do more. If a wife begins to help her husband earn money the chances are nine out of ten that he will allow her more and more to take his place as a bread winner. It is nature in man which prompts this. For that reason doctors will tell you not to make it a habit to take medicine.

So it is with the corpuscles of the blood. If you go for relief to doctors who have studied how to kill microbes the medicine they give you will do the corpuscles' work and they will lie down, as it were, and allow it to do the work more and more according as you develop the habit of its use. You in doing so expend your energy in earning money to buy the medicine, which energy should be applied to the corpuscles of the blood directly. If only a fraction of the energy expended in buying the medicine is applied direct the results will seem miraculous.

VIII.

Human nature is pugnacious. Men will fight a visible enemy at the drop of the hat. Why they will lie down at the sight of sickness and allow that to jump on them and beat them is a mystery, unless it is because the *enemy* can not be seen or because ages of

education have caused men to believe that it is a useless fight.

I had cured colds for a year or more before I thought or dreamed that I could do more. One day as I was coming home on the ferry from San Francisco I said to myself, "I can't see why if I can cure a cold so easily, the same method should not cure this severe headache that is troubling me so this evening." I at once sent my thoughts to my head with a command to the corpuscles to drive out the microbes which were causing the trouble. Immediately the pain went away. But as the damages could not be repaired at once the microbes came back. I kept driving them away and inside of one-half hour the headache was completely gone. I suppose it may have been several days before the parts were entirely well. I have scarcely had a headache since and that was over a year ago.

My bladder troubles I cured almost as quickly. After using medicine faithfully, I still had the trouble but not so bad. I tried my cure and the pain went away almost instantly. I was not sure that it was not the medicine which did the work so I resolved to wait before giving my method the full credit. Some months afterward the trouble

came back and I treated it again with my method and have not felt it since.

The next trouble I had was from carbuncles. A big one came on my neck. I did not know what it was till it got the size of a walnut. I went to the best surgeon in Oakland, who cut it out bodily. The next day I had six come under my arm and from that I knew that the cutting had scattered the microbes. I used turpentine to drive them from under my arm and then they came out on my neck by the hundreds. Finally I got tired of fighting them in the regular way and just for experiment tried my method on them. It worked like a charm. They always made their first appearance through the skin in a very small pimple accompanied by a stinging sensation. If I operated against them the moment I noticed them, they would go away at once—that is, inside of one day. But if they got a start, they would not disappear for a week or more, although they would not grow any more, and I would experience no pain from them.

I want to say here that those who attempt hard cures before they have had sufficient experience will find that it is not so easy as after a few months' work with the method. This is not strange at all. If one's hand had

been bound to the body for all of one's life and was suddenly released, the mind would have no control over it for some time. The mind has been taught unconsciously, not only for the individual's life-time but for ages, that it could not help itself so far as sickness is concerned. But it is truly wonderful how quickly it will respond to careful training. Another curious circumstance happened when I first attempted to cure a carbuncle. I was going to San Francisco and had just taken my seat on the ferry when the thought first came to try and cure them by my method. I put my finger on the carbuncle to center my thoughts on it the more forcibly. By the time I had reached my office the carbuncle had almost disappeared and the back of my hand was so swollen that I could not close it. I knew then at once that, like the surgeon when he cut the first one from my neck, I had scattered the microbes and they had settled in the back of my hand. Next I centered my thoughts to drive them from the hand and inside of one day they were gone. I learned from that to center my thoughts always with the idea of driving them from my body completely and it worked for I never had such a thing happen to me again.

My father died of heart failure and I have had it off and on for years. I was attacked with it a short time ago but did not try my method because I had no idea that I could do anything for such a dangerous and stubborn disease. I had suffered for about a week when the thought came to me to try my method at least. I gave it a fair trial but it did not seem to do any good. I came to the conclusion that this disease was not caused by microbes and so I could not expect to do anything for it. An attack came on worse than ever just at dusk so I said to myself, "I'll give my method one more good trial." Would you believe it? The pain melted right away. I was anxious for the pain to come back again so that I might be sure that it was I who had driven it away. I was soon gratified by its return. I tried the method again and it worked instantly every time. When I went to bed I lay with my right side down and shortly the attack came back. I could hear my heart beating very plainly but the moment I centered my thoughts on it the beatings slowed down to the normal number. I was startled to hear it answer my efforts in such a manner. I suppose that microbes had been on the valves causing the trouble. It did not come back but once that

night. In the morning the whole side over my heart was sore. It seemed that I had driven the microbes all to the surface. But in a few hours the soreness was gone. Now I anticipate the pain and do not allow it to return. I am sure that in a few weeks I shall have it cured for good.

IX.

I have always been attacked with California malaria every season. One who has had that trouble will never forget it. It comes on with a tired feeling which affects the whole body. One's limbs seem to hang back like a tired child and the whole system seems to be deranged. I had some capsules which a druggist got up and which were a sure cure for the malaria although it would take a week to entirely cure it by that means. I was stricken with the malaria this fall and went so far as to get the capsules in my hand to use when the thought came to try my remedy. It was about five o'clock when I put the capsules back in the box and started to work. I felt relieved in one-half hour and by morning I was completely over it. On the second day the tired feeling came back slightly but I drove it away in a few minutes and have not had a malarial attack since.

Ever since I was a boy I have been troubled with my liver and gall. I cured the pain of that almost instantly and the damage to the parts affected was entirely repaired inside of three weeks. The last attack came about three o'clock in the morning with a sharp pain under the ribs in the soft part. I tried my old remedy of lying on my doubled-up fist but it would not work. Next I thought of my method and decided to give it a trial. The pain left instantly, to my great astonishment. It came back a little on the following morning but has never returned since. I have had a doctor tell me that without a doubt there is a great change. It takes time to repair the destroyed tissues. If flies are on an open sore on the hand they cause a pain but the moment you drive them off the pain ceases. So with the microbes on the diseased tissue—there is no miracle in my stopping the pain instantly.

I had an attack of pleurisy which I could not prevent from shifting about from one place to another or cure at all by my method. I knew that my mother used to stop such pains with hot cloths. From that I figured out that all I needed was more heat. I at once tried deep breathings, for that will at once heat the blood. In about half an hour

when I directed my thoughts to stop the pain, it left instantly. It kept returning and I kept driving it away. Inside of an hour it had left for good. I have not had it since and feel sure that it will never bother me again.

I injured my hands by tearing the skin in several places and for an experiment I used my thoughts on one, to keep out the microbes, and left the other places to their tender mercies. The one I treated got well at once and left no scar but the other one was sore for over a month and left a scar which I will have for years. The results were so conclusive in that test that there is no room for doubts.

About one year ago I had a corn come on my small toe. It was very sore and of course walking hurt it. One can not be fooled about his corns. If they hurt he knows it right away and if he gets relief it must be real or he knows the difference. I tried to cure it more for the experiment's sake than with the idea that I could do it. I certainly did not use faith cure for I never had any faith in any of my cures until my reason first told me how it could be accomplished. I just directed my thoughts to the corn once and the pain went right away just as if an application of laudanum had been made. I have never had

it return and that was more than a year ago.

In the application of heat for the cure of pleurisy pains can be seen the proof of the former statement that heat is life. Many have lost their lives this last year of 1908 from the prevalence of that disease.

X.

In August, 1907, I was putting down an oak floor in my home and in dressing it off had to rest my weight on my right foot a great deal. Before I knew it the foot was paralyzed. I first noticed its condition by the sound it made in hitting the floor. I kept my mind on it for only about four days when the paralysis disappeared after having been present for over two weeks.

Now comes the last cure that I have made in my own body up to date and I assure you that it will be thought the most astonishing of all. For twelve years I have had to wear glasses because of astigmatism of the right eye. I have had my eyes tested time and again with always the same result. I could not read a letter of the newspapers or even large print because the letters would appear all twisted. I had always intended to try my method on them but I had so many other *troubles that* I never got at my eyes till just

two weeks ago. I did not believe for a moment that I could do anything for them. Least of all did I expect to do anything for them instantly.

I looked at the letters before trying in order to be sure there was no change. I could not read one word. I took off my glasses, put them in the case and shut my eyes to center my mind the better on the optic nerve. I did not have my eyes closed over ten seconds when I tried to read the columns of the newspaper. At first I could see nothing. Then like a flash the letters straightened around and I could see that fine print as well as ever I could. I was so astonished that I could not believe my own eyes. All I had done was to order the corpuscles of my blood to drive the microbes from the nerves of the eyes. As I said before, I had no faith, notwithstanding all my other cures, because this seemed the most like trying to work a miracle. I can not see as well at night yet but that is no more than one would expect. The injury to the nerves must be repaired. By daylight I can read the newspapers just as well as when I was young. Before, when I tried to read without my glasses it always caused a criss-cross pain. Now that pain does not come at all.

Anyone trying to use this method should not think that he can be too bold or reckless with nature. Although you may be able to see perfectly without glasses it would be wise not to try to read very fine print such as Webster's Dictionary or the bible for some months. Give the nerves time to grow to their former condition. Or, in other words, give the corpuscles and cellular life time to thoroughly repair the damage. I attempted to read Webster's Dictionary the second day after I had made the change and strained the eyes. So I learned by sad experience what to do. I found that in the evening I can use the glasses and it does not affect my eyes at all in reading without them. Only where the glasses before did not cause any pain to the eyes, now they do. I only tried them to experiment after I had strained my eyes as noted. I am positive that I shall never use glasses any more. Every night after going to bed I have read till midnight without glasses and if that is not a fair test then there is none more convincing until one has taken off one's own glasses and seen for himself.

All those who wear glasses have found that as they grow older the glasses have to be changed every few years because the nerves

are being eaten away all the time, which makes it necessary to change the prescription. The longer you wear glasses the more the corpuscles of the blood get used to the microbes which are causing the trouble and leave them to their work of destruction unmolested.

I will now mention a number of cases where I have told others of the method and it has relieved them in every instance.

My wife has a friend who has been sick for years—not what one would call seriously sick but just like the thousands of women to-day who have little ailments and magnify them and allow them to dominate their lives more and more. I have constantly reminded this lady that she need not be sick. She has always replied that that idea was all right for those who were strong in will power and beside but for the will power she had exerted for years death would have been her portion long ago.

There is such a variety of these self-fooled invalids as is almost impossible to conceive of. There is always some human event which will arouse them but it must fit each individual case. I will here record a few which I have myself noticed and no doubt you all have seen or heard of like circumstances.

I knew a young girl who had been an invalid from childhood. There was nothing seriously the matter with her only that her parents had coddled her till she came to believe that she was very badly off. To be sure she had some small ailments but nothing that one would despair of easily curing. If one had told her that she ought to get out and exercise and get God's beautiful sunshine and air—rouse herself to the necessity of so doing —she would reply that it was impossible for her now but that when she got a little stronger she would. With that class of invalids the point is never reached where they think themselves a little stronger. She really believed that she was a bundle of exertive force to keep up the way she did. Nor can she be blamed, for she really thought as she spoke.

XI.

One bright morning she was lying on the lounge in the best living room, shutting out any life-giving energy that might possibly get in, dreaming dreams of a long life spent as a beautiful invalid. A footstep sounded on the walk. It came nearer. It entered the room. All previous records had been broken. No one had ever dared before, in the life of

this great sufferer, to enter her presence without treading softly. It was a strange young man!

It seems that years ago the mother had known this young man when a child and had liked him well. The family had moved to another state and for years had not heard of him. He had come, thinking to surprise them. The fair invalid could just turn her eyes with surprise at the intruder. She saw a fine young man clothed in good taste, with a happy smile of expectancy, full of life and vigor. Instantly she contrasted her own life with this one before her.

Now, my dear invalid readers, what would you have done in such a case? If the world had always looked rather black to you before, if the trees and flowers with God's beautiful sunshine on them showing the sapphires and diamonds which have never been duplicated—if all these had never attracted you and now all at once seemed to talk to your heart—if when the young man departed you could not resist getting up to look after him and if, when out in the sunshine, the world seemed to have a new meaning for you and the birds and flowers such an alluring call that you could not resist—would you have gone back to the sickroom or would you

have resisted and braved the wonder of your family and friends? I think you would have done as she did. The change came in the twinkling of an eye. From that moment everything in nature was changed for her. She did have some troubles but the great force that came to her was sufficient to cause the corpuscles to attack and destroy the microbes causing the illness. She got well entirely and the power of her thoughts no doubt drew the object of her great love to her.

Although women can not propose and seem helpless to win the object of their affection, they have a power greater and more irresistible than man, who can only seek and ask. Only those who have a Heaven-born love need try to use this rule for it will not work for a counterfeit love. If a woman has true modest love for a man and he is indifferent to her it is because of some failings which he can not endure. There is very little chance for love to come to either unless there are some mutual attractions. If she will look her life over and criticise it as minutely as she does the lives of others and if she will recognize her own faults and really correct them, it is almost a positive rule that there can be no failure. No temporary makeshift change can fool true love. A man who is looking for

a true little mother for his children will easily detect a veneering of faults.

Once there was a woman who had been bed-ridden for years. In all that time she had never taken a step. The house caught fire when she was in it all alone so that she had to burn or get up and run out. Without stopping to consider she chose the only way to live. After it was all over she nearly fainted at the thought of the terrible thing she had done and, of course, had to be taken to bed again on a stretcher. Another woman in the great San Francisco fire did the same thing and to this day is as well as any woman. It is so plain that one has only to get up an intelligent force to drive the enemy from the body that I can not see why it has not been found out long ago.

In the first case the woman, through necessity, got up a force sufficient to drive the microbes from their stronghold but afterwards did not have the courage to keep it up. In the second instance the woman had the sense to know that if she could run out of the house there was no need of going to a bed of sickness as before. In the first case, after the woman had her fright at what she had done, the chills from fear at once allowed the return of the microbes because the corpuscles

went back to their former condition. If the first woman had been on her guard, having this knowledge in her brain, she would have resisted their return and would have succeeded as the second one did. The tissues that had been destroyed would have been gradually rebuilt, just as we get tools and materials and repair the damages to our homes and business-houses after a fire or earthquake. It is reasonable that God has thus placed these little builders and fighters in our bodies to use, to offset the enemy, and it should not be looked upon as something strange by the most skeptical person in the world.

XII.

A friend of my wife's, whom I have previously mentioned, caught a bad cold, so that instead of using one handkerchief it was necessary to keep a dozen on hand. We happened to meet when as usual health was the first theme of discussion. She not only told me of her terrible cold but demonstrated it by the flourish of handkerchiefs. So I said to her, "Do you really want to get rid of that cold?" Of course she replied that she did but that that old gag of mine was of no use

to her, that her mind was not strong enough to use that method.

I said to her, "Will you do as I tell you at once, now, and with all seriousness?" She assented to my proposition unconditionally. I told her to stand up, close her eyes, drive the corpuscles by mental direct command to the point of the cold and at the time take deep breaths of air. She did so for about two minutes, when she felt better. I told her to keep it up and by morning the cold would be decidedly on the wane. Sure enough, in the morning the handkerchief was not needed any more and there was scarcely any sign of a cold. She tells me that since then she has cured her headaches and feelings of lassitude in the same manner.

The standing up and closing the eyes has nothing to do with the cure but simply enabled me to get her undivided attention. Now that she has actually had a demonstration of her own power she thinks that she can help herself without doubt. One has only to think he can do a thing and, if he has persistency coupled with good reasoning powers, he can accomplish almost anything.

A man who came to my house on business complained of his headaches and I, as usual, laughed at him, telling him he should never

have them. He wanted to know how such a miracle could be performed and I told him.

He could never drink coffee without getting one of those terrible headaches. I told him how not to have them and in the morning to drink his coffee, at the same time keeping his mind in a combative state against the microbes that were causing the trouble. He did so and had no trouble from headaches.

We lunched together that day and he, still afraid of coffee, ordered tea but by mistake the waiter brought coffee. I laughed at him and told him to drink it with his mind against trouble and he would not have any. He did so and felt no effects at all of a troublesome nature. He went to San Luis Obispo. After more than a month I had a letter from him saying that he was the happiest man in the world as he had not been troubled with a headache since I gave him my method of curing it.

A man was troubled with constipation very badly. When he told me of it I instructed him how to cure it, as it was caused by microbes in the intestines. All one has to do is to direct his corpuscles to that point, just as in any trouble, and in a few hours nature will act. I have used it again and again on myself, so that there is no doubt of the re-

sults if one uses his mind the right way and has had a little practice in directing this work.

Another friend of my wife's was afflicted with rheumatism. I met her in a dentist's parlors. She complained to me of her troubles and how she could not work on account of them. I told her that I could tell her how to cure them but she doubted me. I then said to her that as we had a half hour to wait, if she would take the matter seriously I would show her how to cure herself of this trouble and any that might ever come, if she would have the perseverance to keep at it. She agreed and I explained my discovery.

I did not see her again for three weeks. When we met, the first thing she said was, "Do you know, my rheumatism was gone before I reached home that day. I went to work and my daughter thought I was crazy because I was working. I told her how it all came about and she could not believe it. When my husband came home we were anxious to tell him the good news but he rather dampened our ardor by saying, 'You are d—— fools and your doctor is a bigger one.' (He is a captain and a little outspoken.) My daughter told him that we did not care what the doctor was as long as my troubles were gone; and that they were gone

was sure." They told the husband to come and see me himself and be convinced. He came, he heard, and was conquered and now he swears by the method.

I think it quite unnecessary to tell of any more cases for if anyone reading these already recited will not take heed and learn, then I fear he would not profit if I gave him many more chapters to read.

Of course mind healers will say that the cures are accomplished by suggestion. I have experimented with pains caused by microbes and with what might be called artificial pains—that is, pains caused by an instant bruise, burn, or pin-prick. In case of the pains caused by microbes I have never had one failure but in that of the artificial ones I have never had one success. Of course if one sets his mind on something else powerful enough to keep it centered there he will not realize pain; but the moment he allows his thoughts to return to the trouble he will find the pain still there. Nor is this beyond common-sense, for the life in the cell of the tissue or corpuscle is crying to its protector for relief and like a child will keep up the crying till it gets relief whether the protector hears it or not.

Here I will say, for the benefit of the M. D.'s, who will feel on reading this that their occupation is gone if all written here is true, "Not so!" In the first place, if one understands anatomy so that he can locate the trouble inside the body he can do a great deal more than one who is in ignorance of the cause of a pain and its location. For instance, if one had a bad headache it may be caused from a destruction of the tissues in some remote part of the body. Consequently, a doctor who has intimate knowledge of the body will be much more successful in using this method than one who has not that necessary information. When this system begins to be used generally the doctors will learn it.

A patient coming into the office of one who understands the causes of all diseases will, by his appearance, show the physician just where the trouble is and all the latter will have to do will be to use the requisite negative force at that point to drive the microbes away, when the pain will cease and the patient will at once know that he is being helped. It is said that there are two fools born every minute and that only one dies in that time, so that the supply will never be exhausted. Plenty of people will never read and, if they do, will not take heed. Some will

try for a time and then drop it and go to the doctor, who will cure them by doing just what God intended them to do for themselves.

I have found that I can write what I know to some and they will take heed, while others will not consider the written lesson at all but when I tell them face to face will listen and believe. So again the doctors have the advantage of talking face to face, full of the actual knowledge the patient is seeking. This profession will be more lucrative because it is certainly better from a business point of view to teach people how to live than to show them the way to the river Styx.

People will live longer in general, so there will always be enough to keep the physicians busy. Besides the population will increase out of proportion to what it does now.

We need revival meetings or missions in this, as in religious teaching. Human beings will always need some one to arouse them out of the groove into which they get. They will not in general learn to do anything for themselves but will always need someone to assist them.

XIII.

I have found that I can assist another person, present or absent, by the use of the

same method. This at first seems like an impossibility but is quite easy to explain. There need be no mystery about it any more than about the things I have already written. I will give some experiences of my own to confirm this statement. No doubt many like experiences will be recalled by the reader.

Many people have abundance of electricity in their bodies and all have more or less. I have learned that energy can be conveyed to another person's corpuscles and will force them to act as if they were one's own. If my child is sick I simply send my command to the corpuscles in the body of the child and they will obey as if they were my own.

I explain it in this way. Thinking creates waves of electricity which pass through the air like wireless messages on the Hertzian waves. The sending of this force into space makes the corpuscles lively to perform the work you intend. Inasmuch as one can send his thoughts to a certain person it does not seem out of reason that this should be so. I think it will be found that thoughts and electricity are one and the same thing. That the electric force so transmitted strikes the body which acts as a resisting coil, causing heat, thereby warming the corpuscles and cellular life. In wireless telegraphy the more power is

generated the farther the messages can be sent. So with the human thoughts, the more intense one can think the more easily one can send his thoughts to affect another at a distance, or more thinking of less intensity will accomplish the same work. This explanation should hold good till some better one is given. There is no doubt that one person can affect another even when distant from him if he thinks hard enough or constantly enough.

To prove this statement I will mention several facts of my own knowledge which I know to be absolutely true.

A boy some twelve years old, living in a farming district of Illinois, had this experience. He was about as countrified a little fellow as one could imagine and very poor. He was rather a dreamy boy, not above the average in brightness at school. For one born to his surroundings, his mind was at work in most peculiar channels. His love for the opposite sex was truly wonderful. The sight of a girl at that time, no matter how homely she might be, affected him like beautiful music or the sight and fragrance of flowers—a breath of Heaven, as it were, to assist him over temptations which otherwise might have caused his downfall. This re-

spect for womankind followed him all through life. One winter day a neighboring farmer took the boy with him in his sleigh to Waukegan, a city about ten miles away, on the shores of Lake Michigan. Our twelve-year-old had never been out of his native village before, so that this was a great adventure for him. While in Waukegan the neighbor called on some acquaintances and our rustic knight went in with him but he came out a different boy for in that brief space of time the world had changed for him, never again to be the same. A little girl was there with laughing eyes and round full face, who wrought the change. The boy contracted a bad case of youthful love — as pure as a mother's love—only not so lasting. When he went back to his home and school all things were different to him. He had seen the little girl for only about five minutes but that was sufficient to leave the memory of her always in his thoughts. Yet so bashful was he that a team of horses could not have drawn one word about her from his mouth.

Night and day he thought of her. As time passed he desired more and more to see her just once that he might know whether he really cared for her still. Two years passed away with his desires still unfilled and his

boyish love for her still the same, although he was rapidly changing from a boy to a man even at that age. He went to work on a farm and always the little girl's picture was before him. He was thinking of her night and day. One evening when he had come in from the field and sat down to his dinner a gentle rap came on the door. The woman of the house, farmer like, opened the door just a little but enough for the boy to catch a glimpse of the face outside. And behold! It was the little girl of his dreams. He nearly fainted from the surprise of finding his wishes fulfilled. He heard her say that she was looking for a certain farm house and ask the woman to direct her to it. Anyone can see that the chances for that little girl calling at that particular house was about as one to millions.

The boy did not understand at that time or know that it was himself that had caused her to come that he might catch once more a glimpse of her face. It was the "magnetic pull" which had solved the problem for him. In that one glance he found that he had outgrown his liking for her and after that her face did not abide with him.

A man whom I once knew told me this actual occurrence. He had a brother living in Michigan whom he thought a great deal

of. He himself had left that state for the Territory of Washington and was in the extreme western part, out in the wilderness, camping under a big fir tree all alone. Late one night he was awakened with a start by hearing his name called and a voice like his brother's saying, "Good-bye." About two months later he found that his brother had died in Michigan that very night.

Now I do not think for a minute that the voice of his brother came all that distance. It was transmitted by wireless telephony without a doubt.

I once had some money troubles with a man in San Francisco. On my way home that day I thought of nothing but the way he had treated me. I went to bed thinking of it and could not sleep for thinking of what I should say to him on the next day. In the morning when I went to his office he said that he had been thinking of me all night long so that he could not sleep. Now he had no reasons for keeping me in his mind all night as I had for thinking of him, for he owed me money which I needed badly.

XIV.

One night my little boy, who is about ten years old, was taken with the ear-ache after

he had gone to sleep. His moaning awakened me and for an experiment I tried to stop his pain just as if it were my own. In fifteen minutes I had quieted him and he has not had it since.

I knew of a case where a man met a young girl on a railroad platform where they saw each other only for a space of some ten minutes. That, however, was enough to allow both to fall desperately in love. They never spoke to each other and parted thinking never to meet again. Inside of two years they were man and wife! They met again thousands of miles from their first meeting place. They had thought of each other constantly after their first meeting and were drawn together.

In the year 1897 I traveled from Juneau to Skagway, Alaska. I was sitting in the cabin listening to the small talk around me, when I noticed a man standing by the smoke-stack warming his hands. All at once some one exclaimed, "Hit it!" The man drew back and gave the smoke-stack a tremendous blow with his fist. Some one else said, "Slap him!" and he gave the man next to him a side blow that nearly floored him. A few minutes later they were all going down the companionway one by one to dinner. The last man cried out, "Hit him," and the lowest man was knocked

down the stairs by a blow from the strange man. In answer to inquiries on my part they told me that this man was afflicted with a trouble which placed his executive department under the control of anyone giving a sudden order to him. If he were suddenly ordered to jump overboard he would do it. He was perfectly sound in every other respect. Since then I have found that there are many so afflicted.

This story will serve to illustrate the law herein laid down—that the corpuscles and cellular life will obey the orders of another person instantly if the conditions are right. In these cases the mind was so slow that the electric force acted or executed the order of another through the cellular life, before his mind could countermand it. If the orders were given slowly they were not executed.

It is not necessary to enumerate any more cases to prove that thoughts can be conveyed as I have described and impressions made on another's body, no matter how distant.

It must be remembered that I had never tried to use my mind before as I did in that case of my little boy so that it is surprising that I did so much at the first attempt. Some may say that it was through sympathy that I was enabled to do it. But I have used the

same method on strangers when they did know it and have had the same results.

There is no excuse for growing old. Old age is a form of sickness caused by microbes, as has been positively demonstrated. These microbes attack the tissues of the flesh especially where it is exposed to the cold. I have seen plenty of old people whose faces, hands and wrists were old and wrinkled, while their bodies were almost as perfect as when they were young. Where the face is continually exposed to the changes of temperature the microbes get in, because the corpuscles desert their post and gradually allow the foes to remain. These eat away the flesh, making wrinkles. If one keeps one's mind on that fact till a constant resistance is generated wrinkles will never come and those already acquired can be driven out.

There are many people who grow old but not aged—whose bodies are sound, without wrinkles, and who are vigorous in mind and body. Now if there is one person in ten thousand who is in the condition mentioned there is no reason why the other nine thousand nine hundred and ninety-nine should not be brought up to the same condition in time. One need not strain a common-sense line of reasoning to arrive at the above conclusion.

Some may say that it is an impossibility. But does one believe that God made human beings to suffer from sickness as they do at the present time? While in all civilized countries the death rate has been lowered, the sick list has so increased that without a doubt there is more misery than ever in the world. If a thing can not be accomplished in one way it can in another. If the milder forms of sickness are on the increase new methods of cure should be tried until a remedy is found. It is natural to believe that the human race can be brought to a higher plane of perfection, both in mind and body. The American people have always believed that what one can do another can and I am positive that in the great mental change coming to the human race they will take the lead.

Why should man's hair fall out any more than woman's? Because women do not keep their heads covered so constantly as men. The flesh of the scalp is very thin and the blood does not circulate very rapidly. Consequently the corpuscles are scattered. The cold striking them so often, they do not perform their work and the microbes which kill the roots of the hair get in and do the mischief. The reason that in most cases the top of the head becomes bald first is that that

point is most distant from the heart and the circulation is poorer there than anywhere else in the body. At first thought it would seem that if the man keeps his head warmer than the woman the result would be the reverse of what it is. As I have said before, the bad circulation in the scalp and the man's constantly taking off his hat cause so many changes of temperature that the microbes get in and stay in, while with women the corpuscles of the blood have a more constant temperature and do not desert their work.

It is the same with lung troubles. The constant changes of temperature in the lungs leave them exposed. Hence the bacteria are always there. It is truly wonderful that this dread disease is not more prevalent than it is. Stop and think of what happens when one breathes through the mouth. Hordes of microbes are taken in at each breath and some of course find lodgment in the lungs.

When the head itches it is because the microbes are at work eating away the roots of the hair. And it is the same when the throat or lungs itch. It seems to me folly not to mind these little straws which show you whence the wind is blowing trouble to you. The old advice, so often given, not to mind your little pains is criminal. The

rational thing to do is to mind them and use your brain to stop them before it is too late. No person need die of tuberculosis if his lungs are examined often.

With this method, all that one has to do is to take notice of the itching of the lungs and keep one's thoughts in a combative state and directed to the point of trouble. When my head itches I direct my thoughts to the place and immediately the itching ceases.

When a fly or mosquito alights on any part of the body, the scratching of the tiny feet or the bites of the insect cause an itching and one never fails to take notice of them and to devise means of driving them away. If a fly is allowed to eat and lay eggs in a contusion the resulting foul sore is inevitable. So it is with the microbes in the flesh, from the tiniest first pain they cause.

At the Rockefeller Institute in the East, a professor has discovered a way to cure spinal meningitis. He takes some of the blood from the patient's spine and injects it into the spine of a horse, allowing it to remain for some time. He then draws out the same quantity from the horse's spine and injects it into the spine of the patient, after it has remained in the horse long enough for the corpuscles to

breed with those of the horse, which gives a stronger corpuscle.

The theory is this: It is necessary to get corpuscles strong enough to drive out the microbes which have entrenched themselves in the patient's body. To do that, the discoverer of this method thought of making the corpuscles which had become weakened or so accustomed to the enemy that they would not fight, stronger by injecting some of them into the spine of a horse. The results were satisfactory, for nearly every case was saved by the use of this method.

That was good common-sense but the trouble with such remedies is that the after-effect is to be dreaded. While the stronger corpuscles may kill the enemy and completely rout him they are liable to do more. If the white corpuscles become too strong they will destroy the red ones, which accompany them to do the carrying of supplies for their own use and that of the cellular life. The blood in that case will become watery and the patient sickly. As stated in a previous chapter opposition must exist in the body against the attacks of outside enemies but it must always come from the reserve force within the body itself.

If the corpuscles become too strong within the body they grow hungry and eat up their own helpmates. I suppose that was why the doctors used to bleed people in the olden times, and put on leeches to suck the blood. It seems to me just like everything else in life. There must always be healthy opposition but neither side must get too much advantage. It seems to me that God has provided a reserve force within us to use whenever we feel that the necessary enemy, the microbe, is getting too much advantage. Most people eat too much now-a-days and this makes their blood too rich and their corpuscles too strong. The bible speaks often about fasting and if this were heeded more the human race would reap rich physical rewards, aside from the spiritual ones.

In the cases of spinal meningitis, if the patients had been taught how to prevent diseases, it would have been as easy to cure themselves at the start as to cure a cold.

XVI.

The whole secret is in being able to detect the approach of disease. Disease lurks in every cold and a cold always comes when the temperature is falling. My method works

every time. I simply notice when the temperature is changing and keep my mind with a resisting force, in the same manner that I would if I were assailed with some sinful temptation. I go about feeling like a being of another world, for when everybody else is fighting colds and all kinds of sickness, I am positively immune. It seems to me that such a condition is worth months of study and that it must be known to everyone.

My children can do the same as I. Of course children forget and let a cold get started, after which it is harder to get rid of. But if the parents know how to use this preventive they will notice when the child is taking cold and warn it to look out and assist it to overcome by using the same methods as on one's self. More will be said on this subject later on. For several years my children have not had a cold run on them or had any of the prevailing children's diseases.

Every household should have a thermometer and barometer handy, so that the moment the temperature begins to fall the children can be told of it and to be careful. After a while one will acquire a resisting force that will make him practically immune from disease. I used to take a cold at every slight change but now I rarely feel one starting.

Do not scoff at this but spend that wasted energy in trying it and you will get results that will seem like miracles.

All parents should be able to protect their helpless babes in a like manner. If I can do it you can also. And it is good common sense to think that God has provided a way to do it. Now-a-days people, to keep the little ones quiet, dope them with all kinds of harmful medicine that affects them for all time. With this simple remedy of mine all one has to do is to give the command and the little pains vanish. Only three nights ago my little boy was attacked with a bad coughing spell—microbes in the throat—and I told him to come to my room. He came and sat down on the side of my bed and in one minute I stopped the coughing so that he went to bed again and slept as if nothing had ever bothered him. If I had not helped him he would have had a bad cold in the morning.

I repeat, do not think that you have got to give your time to this. At first a few minutes at a time will be needed to cure your ills. But after a while it becomes second nature so that you will unconsciously act without any inconvenience at all. Just stop and think that you can not make a single movement of the body without an order from the

seat of power in the brain, yet this does not cause you any bother. Notice some time when you are combing your hair how, if you change the comb from one hand to the other, unless you think about it your empty hand will stay up in the air until you give it the command to come down. You can give standing orders for movements of your body as in the case of walking, which does not require an order for each step. So it is in this matter, after one has acquired the control of the corpuscles such as God intended one should have, he can give a standing order for his corpuscles to be on guard and they will obey, except in extreme changes of temperature, when especial attention must be given at the time to provide extra heat. In looking after workmen in any industry standing orders can be given for all ordinary circumstances but when an extraordinary condition arises then they have to be looked after by the man in charge—and this regardless of the faithfulness of the workmen. Remember that the corpuscles are really **you** and will act just as you will under like conditions.

Now take an hour by yourself and think over every word of this book. I have not written one word more than I could help and every one is loaded with meaning, giving

knowledge that I have acquired by long and actual experience. They will seem crazy ideas until you get the first result of your own thinking. Then the wonder of it will overwhelm you. When that dies away you will consider it perfectly natural to do what a short time ago you thought an impossibility.

We think it wonderful that a bird can fly and yet it is simple compared with our walking. Did you ever stop to figure out how you perform that every-day business? I dare say not one in ten thousand ever thought it a wonderful feat; yet flying is easy compared with it. Take up a dead man soon after life is extinct and see how hard it is to hold him upright; or, better still, try a fainting person. No wonder it is hard for every joint is a ball joint and when the mind is gone it is an impossibility to keep the body upright.

XVII.

In flying, when the wings are in motion the propelling force comes from two sources. The back end of the wing describes a greater circle than the front, giving a sculling movement which drives the weight ahead. The wings are slightly concave, causing a slight compression of the air around the body. The wing of a gull is about three-eighths of an

inch thick in front, tapering to a knife edge in its length. The body has it greatest diameter at about two-thirds of its length. The compression of the air from the wings acts on this taper, causing the body to be squeezed forward. The wings being fine tapered wedges squeeze ahead from the pressure of the air upon their surfaces. To prove this:—When the wind is making pressure or, in other words, power, the gull can hold its wings still and the compression of the air caused by the wind trying to reach a partial vacuum somewhere squeezes the bird ahead against its own pressure. If the wedge power of the wings and body is figured from a twenty-five-mile wind the results will show that it will overcome the head resistance by a big margin.

This digression is only to show that it is no miracle for a bird to fly. But I will defy any one to figure out how a man walks and balances himself. I know that it is done through the mind, acting through a bit of flesh in the head, called a level, with a corpuscle or several of them to warn the pilot in the brain when the body is getting out of balance and to shift weights. I will leave it for some one else to go into the how of it more minutely, as I have said enough to illustrate my point,

which is that the mind through the corpuscles and cellular life has absolute control of the body and that they will obey every order if the mind knows how to give it.

The mind is composed of two forces, positive and negative. This is so simple that one does not have to read scientific works on the subject to realize its truth for he has the knowledge at hand. Did you ever attempt to do a wrong act, which of course was ordered by one part of the mind, that the other part did not warn you not to do it, even going so far as to give its reasons? On the other hand was there ever a good act performed that one part of the mind did not try to persuade the good part by all kinds of arguments that it was unnecessary and foolish? For instance:— You are going along the street and meet a poor cripple. The good part of your mind tells you to give him fifty cents and the bad part will at once set up the argument that that is foolish. "People will see you and think you are doing it for show." "Perhaps he has plenty of money hidden somewhere." "He will spend it for drink." If Bad Part can not convince Good Part to do nothing he will try to compromise by saying, "Fifty cents is too much; you can't afford that much; cut it down to ten cents and I will give in." Well,

Mr. Good Part sees the force of the argument and gives in to avoid further trouble.

When Mr. Bad Part proposes that you go to some bad place, Mr. Good Part at once makes arguments against it. "What will your mother think of it?" "What will that dear little girl whom you love so much think?" "You know it is wrong, so don't do it." At the same time Mr. Bad Part is putting up all the arguments he can from his point of view.

So it is, not only in connection with good and bad acts, but with every act of business or pleasure. These two forces are opposing each other. Sometimes I think that there is a third part of the mind, which listens to the arguments pro and con and makes the decision and issues the orders to the little animals in the body to execute them. As far as this book is concerned it does not matter. I only want to impress upon the reader that the mind singly or collectively gives its orders and that the corpuscles execute them without delay if they are given in the right way.

Neither is it necessary to explain the life in the corpuscle, any more than it is to find out the whys and wherefores of the life in the bacteria which are constantly attacking the body. There is no doubt that it is all for the best for us.

XVIII.

In conclusion I am going to point out in a concise way some of the dangers to avoid, which might keep one from getting the results he should, and to repeat in as short a manner as possible how to use this method without re-reading the whole book; also to summarize it all so that one will have no trouble in grasping it at once. I intend it to be self-teaching, so that one need not pay out hundreds of dollars to be able to use it and get the results.

Anger, hate, jealousy, and all those bad thoughts which have ever made the world and homes such gloomy places come from intensity of thought. The tremendous changes going on all the time amongst the nations of the world, as well as in individual life, show the enormous power stored in intense thinking, either for good or for evil. The results of intense thinking, with love and good-will as the fountain head, have ever neutralized the bad effects caused by the excessive explosions of anger and the evil passions.

Anger, hate, and jealousy are caused by an intense discharge of negative force, a command to the corpuscles which causes them fly in all directions in a crazy manner. T

passions harm the individual giving away to them more than any one else. On the other hand the positive explosions, such as love and good will, always do the one giving them more good than any one else, unless of course they are too excessive.

The whole key-note seems to be moderation in all things, even in doing good. If too much good were done, the recipients of it would lie down and wait for it and the world would deteriorate. So this method must be used in an intelligent manner. One's mind should be clear and free from excessive thoughts on any other subject. Even here one should not think excessively unless the disease requires it. A slight cold will be driven away with very little exertion, while a bad disease will call for more power expended, either by more intense thinking or by less intense thinking but more of it. A sudden explosion of orders to the corpuscles not given intelligently will cause them to scatter the microbes all over the body. I have had a cold attack my lungs and by not thinking have driven it all to my head or bowels in five minutes. One should always have it in his mind to drive the microbes out of the body and if one does not forget they will always go out. When I cured my heart troubles, as before explained,

the next morning the flesh directly over it was so sore that I could scarcely touch it, showing that the germs had left at that point but had done some damage there before going. The first time I tried to assist my boy to get rid of a cold it left him and in ten minutes I had it. Then I drove it out of my body.

SUMMARY OF INSTRUCTIONS.

When you feel the slightest pain in any part of the body, take notice of it at once. If you feel a desire to lie down from any reason outside of that caused from work, it is an indication that something is wrong. Even with ordinary work, a man in healthy condition should not get tired while at it. So if you get that tired feeling when at work you may know with certainty that you are not in perfect health and should begin to overcome the trouble. If you will stop and think you will discover the locality.

To repeat:—The slightest pain or the slightest tired feeling is an indication of danger. The moment the signal is given by either indication turn your mind directly to the spot if you know where it is (and of course you do if it is a pain). If it is that weary, stuffed-

up feeling that comes when one is about to take a cold, then make it a general command for your whole body. If you do not feel better after ten minutes of thinking and watching for results then take ten minutes of deep breathings with your mind concentrated upon your commands to the corpuscles. For instance if the trouble is in the heart, try to get a picture of the heart in your mind and direct the corpuscles to that point. As I have said before the deep breathings make extra heat, which warms your little soldiers and makes them active.

If you desire to help another person use the same method but practice getting a picture of the diseased organs directly before you, so that they seem near. I do not say that no results will come if you do not succeed in this but greater results will be achieved if you do. The reason for this is that the concentration of the mind necessary to get the picture causes a greater flow of energy or power in the form of electricity to the other's body. It is not good to exert yourself too much on every occasion. Always use sufficient energy to overcome the trouble and no more. In any occupation never use more energy than is enough to perform the

work. In this method of curing, likewise, conserve your energy.

Do not make more heat than is required to enable the corpuscles to drive out the attacking germs. They will not work effectively if they are cold, and that means if they are colder than they have been used to a short time before. You must warm them if there is a change of temperature for the colder. It will surprise you how little thinking or extra breathing will accomplish the desired results.

The corpuscles soon get used to any change of temperature, either at the Tropics or the frozen North and when they are acclimated, as it were, then any changes will affect them just the same, if the disease germs are there. It is always very important that you raise the temperature of your blood by thinking intensely enough to suit the occasion and no more. If you have a seated disease it is better to take the deep breathings and you will have to resort to them a number of times a day. But always remember to use the mind with the deep breathings or you will not get the results. A change of climate is beneficial for the reason that it makes the corpuscles active and they attack the microbes with renewed vigor.

Always breathe through the nose because the passages are tortuous, causing the foreign substances in the air, including microbes, to be deposited on the moist surfaces at the bends, thereby keeping them from the lungs. In breathing through the mouth all the dust and germs go directly through the lungs. Is it any wonder then that so many people are affected with lung troubles?

Never, never worry! Worrying always comes from a fear of something and that fear causes a drop in the temperature, be it ever so slight, which in turn, if you are not watchful and do not supply the lost heat, drives the corpuscles from their posts and lets the bacteria get a foot-hold in your body.

Make it a rule to be happy every minute of your life, no matter how poor you are or how depressed you are, for unhappiness always aggravates diseases of the body. Never make it a habit to wait for something in the future before being happy. You can be happy under any conditions of life. That does not mean for you to be contented with any station in life. You must always strive but in doing so be happy. No matter how much money you may acquire you will never be any happier than when you had less because every higher plane that money enables you to step up to

will bring more responsibilities and trials, which will counterbalance your extra opportunities for happiness. It is really marvelous how happy one can be under the most trying circumstances if he tries to be so by centering his mind upon that desire. A man is not a fool because he is happy when he is down in the world. On the other hand, he is the wisest of men; for, being happy and not contented with his lot, he is vigilant and wise, which qualities always insure success. Happiness is one of the best assistants in getting rid of disease. **Remember you have the power and must use it to cure yourself.** So that this apparent digression is not really a digression but much in point.

If the world at large can be made to realize the truth of the experiences recorded in this book and to make use of the law herein laid down, then my mission will have been fulfilled. In finishing this book I desire to state positively, again, that religion or faith have nothing to do with cures made under this method except in so far as they cause one to think more intensely and enable one to fix the picture of the trouble more vividly before the mind. It requires no faith of a religious nature to operate one's body or to exercise

one's talents. It requires no faith for one to operate by the use of any positive law.

It is no miracle to stop pain instantly by the use of the mind as shown above. It is a miracle when lost tissues of the flesh are restored instantly, as Our Lord worked His cures.

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